

**Jefferson County
Office for the Aging
November 2023 Newsletter**



Just A Reminder!

It's flu season and you know what that means!

If you feel ill for any reason, please do your part and wear a mask. This helps to ensure that not only are you keeping your loved ones safe from illness, but others too.

Vaccines are now available to schedule at your local pharmacy



Santa for Seniors

The Office for the Aging and local radio station Z93 join together each year to provide Christmas gifts for the less fortunate residents of the local nursing home in Jefferson County through the Santa for Seniors

The radio will broadcast this event November 20th - December 9th. Z93 listeners will sponsor each resident, last year we delivered an estimated 500 gifts.

The following facilities participate:

- Samaritan Keep Home
- Samaritan Summit Village
- Meadowbrook Assisted Living
- and Carthage Center for Rehabilitation and Nursing



The delivery date this year is tentatively December 15th.



JEFFERSON COUNTY OFFICE FOR THE AGING
 175 ARSENAL STREET
 WATERTOWN, NEW YORK 13601-2529
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Bethany Munn
 Director

Louise Haraczka
 Deputy Director

An important part of Office for the Aging's funding comes from your contributions. We provide many services to help maintain your health, independence and quality of living.

As a qualifying recipient of Office for the Aging's Home Delivered Meals program, we suggest a contribution of \$3.50 for each meal that we provide to you. If you receive 5 meals per week, the suggested monthly contribution would be approximately \$100.00.

All contributions are voluntary and confidential; no one will be denied service because of inability or unwillingness to contribute. If you choose to contribute, **please make checks payable to Jefferson County Treasurer and send to the address listed above.**

We appreciate your continued support. Contributions make it possible for us to continue, expand, and enhance this valuable program.

Free language interpretation services are available from OFA.

Sincerely,
 Bethany Munn
 Jefferson County OFA Director

If your income is at 185% of the annual Federal Poverty limit or higher, please consider a contribution equal to the actual cost of \$8.25 per meal.

Criteria for Home Delivered Meals:

(per NYSOFA 90-PI-26)

- 1.) Any person age 60 or older is eligible to receive home delivered meals provided that such person:
 - a. Is incapacitated due to accident, illness, or frailty;
 - b. Lacks support of family, friends, or neighbors; and
 - c. Is unable to prepare meals due to a lack of or inadequacy of facilities, an inability to shop, cook or prepare meals safely, or a lack of appropriate knowledge or skills.
- 2.) The spouse of an eligible recipient, regardless of age or condition, may receive home delivered meals when the provision of a meal to the spouse is in the best interest of the eligible participant.
- 3.) Non-elderly disabled individuals, who reside in a non-institutional household with a person eligible to receive home delivered meals, may also receive home delivered meals when the provision of a meal to the non-elderly disabled individual is in the best interest of the eligible participant.

Visit Office for the Aging on Jefferson County's website for helpful resources:

Volunteer Transportation Center	315-788-0422
North Country Library System - get your Tech Help here	315-818-0660
Jefferson County DSS (Dept. of Social Services)	315-785-3000
Jefferson County HEAP (Heating) Program	315-785-3229
Jefferson County SNAP (Food Stamp) Program	315-779-5923
Jefferson County Crisis Hotline	315-782-2327

The ability to make **contributions online** for Home Delivered Meals, Respite, HIICAP or EISEP is **NOW Available**. Go to the County website- <https://co.jefferson.ny.us/departments/OfficefortheAging>

Click on the tab at the top of the right side that says "I WANT TO"

At the bottom of the drop down that appears, click on "Pay A bill"

Enter your name as customer, select **Office for the Aging** under **Payment type**, pick what service you want the contribution to go to and the amount you wish to contribute.

You are NOT Getting a NEW Medicare Card!



Medicare Card Scams Are on the Rise.

Medicare beneficiaries from all around the state continue to call our toll-free helpline to ask if Medicare is issuing new Medicare cards. Scammers are calling, emailing and texting trying to convince beneficiaries that they can get a new Medicare card and all they need to do is give them their Medicare number.

Your Medicare number is very valuable to scammers. In the wrong hands, your Medicare number can be used to bill for services and products that you may not even receive in order to line the pockets of scammers.

Scammers May Tell You:

- **Medicare is issuing an updated or new card** - a plastic one, metal one, one with a chip, or even a white and black COVID-19 card and they need to verify your number.
- **In order for them to send your new Medicare card, you need to verify your identity.** This is the scammer's attempt to gain your personal or financial information.
- **Your card is expiring and you will be charged a fine if you do not get a new one.**

Your card is not expiring and the paper red, white and blue card is the only card issued by Medicare.

If you believe you have been a victim of a Medicare card scam, **contact the NYS Senior Medicare Patrol at 800-333-4374.** Our certified counselors are ready to help.

CALL the NYS Senior Medicare Patrol at 1-800-333-4374



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FOOD *SenSe*

a monthly food co-op for everyone

JEFFERSON COUNTY

What is it?

Food \$en\$e offers the opportunity to stretch your food budget by purchasing quality food at a discount. No donated food is used in this program.

Who is eligible?

Anyone who needs to stretch their food dollars can participate. It's a food buying club, you are not required to show proof of income.

How does it work?

It's simple. Call or visit the nearest site in your county, order and pay in advance. Cost is \$20.50 per unit. Cash or EBT cards are accepted (no checks). Packages are picked up near the end of the month at your local site.

What is in a unit?

Ten to twelve food items including fresh fruits & vegetables, meats, and grocery staples.

Adams	Rohde Center, 2 East St.	Vicky Pitkin (315) 232-2621
Clayton	Christ Church, 235 John St.	Lisa Busby (315) 686-3703
Watertown	Urban Mission, 247 Factory St.	Cher VanBrocklin (315) 782-8440, ext. 235

Take Charge of Tomorrow

Preventing Diabetes Health Problems

Diabetes is a disease that occurs when your blood glucose, also called blood sugar, is too high. When it's not managed, diabetes can damage the eyes, kidneys, nerves, and heart, and is linked to some types of cancer.

If you have diabetes, taking charge of your health as soon as possible may help you prevent other health problems.

Here are some tips to help you manage your diabetes to stay healthy longer.



Manage your A1C blood glucose, blood pressure, and cholesterol levels.

Ask your doctor what your goals should be, and stay informed about your A1C level.



Take care of your mental health.

A mental health counselor may help you find healthy ways to cope with stress.



Make lifestyle changes to slowly build healthy habits.

Take small steps to eat healthier, be more physically active, and get enough sleep.



Take your medicines on time, even if you feel healthy.

Talk to your doctor or pharmacist for help if you have trouble managing your medicines.



Work closely with your primary care provider.

They can help you manage your diabetes and refer you to other health care professionals for related health problems.

Prediabetes Risk Test

1. How old are you?

- Younger than 40 years (0 points)
- 40–49 years (1 point)
- 50–59 years (2 points)
- 60 years or older (3 points)

Write your score in the boxes below

2. Are you a man or a woman?

- Man (1 point)
- Woman (0 points)

3. If you are a woman, have you ever been diagnosed with gestational diabetes?

- Yes (1 point)
- No (0 points)

4. Do you have a mother, father, sister, or brother with diabetes?

- Yes (1 point)
- No (0 points)

5. Have you ever been diagnosed with high blood pressure?

- Yes (1 point)
- No (0 points)

6. Are you physically active?

- Yes (0 points)
- No (1 point)

7. What is your weight category?

(See chart at right)

Height	Weight (lbs.)		
4'10"	119-142	143-190	191+
4'11"	124-147	148-197	198+
5'0"	128-152	153-203	204+
5'1"	132-157	158-210	211+
5'2"	136-163	164-217	218+
5'3"	141-168	169-224	225+
5'4"	145-173	174-231	232+
5'5"	150-179	180-239	240+
5'6"	155-185	186-246	247+
5'7"	159-190	191-254	255+
5'8"	164-196	197-261	262+
5'9"	169-202	203-269	270+
5'10"	174-208	209-277	278+
5'11"	179-214	215-285	286+
6'0"	184-220	221-293	294+
6'1"	189-226	227-301	302+
6'2"	194-232	233-310	311+
6'3"	200-239	240-318	319+
6'4"	205-245	246-327	328+
	1 Point	2 Points	3 Points
	You weigh less than the 1 Point column (0 points)		



Total score:

Adapted from Bang et al., Ann Intern Med 151:775-783, 2009. Original algorithm was validated without gestational diabetes as part of the model.

If you scored 5 or higher

You are at increased risk for having prediabetes and are at high risk for type 2 diabetes. However, only your doctor can tell for sure if you have type 2 diabetes or prediabetes, a condition in which blood sugar levels are higher than normal but not high enough yet to be diagnosed as type 2 diabetes. **Talk to your doctor to see if additional testing is needed.**

If you are African American, Hispanic/Latino American, American Indian/Alaska Native, Asian American, or Pacific Islander, you are at higher risk for prediabetes and type 2 diabetes. Also, if you are Asian American, you are at increased risk for type 2 diabetes at a lower weight (about 15 pounds lower than weights in the 1 Point column). Talk to your doctor to see if you should have your blood sugar tested.

You can reduce your risk for type 2 diabetes

Find out how you can reverse prediabetes and prevent or delay type 2 diabetes through a CDC-recognized lifestyle change program at <https://www.cdc.gov/diabetes/prevention/lifestyle-program>.

Risk Test provided by the American Diabetes Association and the Centers for Disease Control and Prevention.





The New York State Citizen Preparedness Corps Training Program

invites you to participate in
a private training event at:

Jefferson County Office of the Aging
175 Arsenal Street
Watertown, NY 13601

Thursday, December 14, 2023 at 1:00 PM

Max Capacity= 50

Seating will be on a first come, first served basis

With severe weather events becoming more frequent and more extreme, it is more important than ever that New Yorkers are prepared for disasters. **The NY Citizen Preparedness Training Program** teaches residents to have the tools and resources to prepare for any type of disaster, respond accordingly and recover as quickly as possible to pre-disaster conditions. The training course will provide an introduction to responding to a natural or man-made disaster. Participants will be advised on how to properly prepare for any disaster, including developing a family emergency plan and stocking up on emergency supplies.